

TARANAKI HOCKEY

JUNIOR BOOKLET



OUR VISION

To be leaders of regional hockey in New Zealand

OUR KEY GOALS

To provide Taranaki high quality hockey experience



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GETTING THE MOST FROM JUNIOR HOCKEY

Taranaki Hockey's aim is for all children involved in Junior Hockey to develop **their individual and team skills**, share the **enjoyment** of taking part in a team game and build a long-term **enthusiasm for Hockey**.

Success in Junior Hockey should be measured by:

- Player development: the progress individuals make in overall hockey IQ & self-development.
- Player retention: ensuring players have fun and their desire to return the following season.
- Community engagement: ensuring caregivers and supporters feel included and informed.
- Player satisfaction: health & safety is paramount.

Taranaki hockey encourage junior players to win but not at all costs. We prioritise sportsmanship, skill development and enjoyment over winning as described in Sport NZ's Balance is Better www.balanceisbetter.org.nz.

This philosophy promotes a positive and healthy sports environment for young athletes.

Junior players can maximise their development and enjoyment through a combination of skill development, physical conditioning, mental preparation, and a positive approach to the game.

Here are some tips for hockey players:

1. Fundamental Skills
 - Master the basic skills such as passing, receiving, shooting and tackling. These are the building block for more advanced techniques.
2. Stick Control
 - Practice stick control drills to enhance ball-handling skills. This includes close ball control, quick stick movements, and the ability to manoeuvre the ball in tight spaces.
3. Game Understanding
 - Learn the rules of the game and understand the tactics.



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FUN STICKS 4 – 6 yr olds

Fun Sticks is all about introducing children to hockey in a safe and exciting way. Aimed at 4 to 6 year olds, the focus is on developing fundamental movement and basic hockey skills such as running, striking, as well as body and spatial awareness.

Children at this age can do a range of activities in which they run and play, practice motor skills, and can be introduced to the safe use of a hockey stick. Basic skill development is important to play safely. At this age exercises are both with and without sticks and balls.

NEW PLYMOUTH

Duration : 60 minutes (basic fundamental skills and fun games)

Season : Term 2, Saturday mornings, 8-week course

STRATFORD

Duration : 45 minutes (basic fundamental skills and fun games)

Season : Term 2, Monday afternoons, 8-week course

INCLUDES:

- Emphasis on basic skill learning
- Fundamental movement skills
- Throwing, catching, hitting and exercise
- Play activities and modified games.

We encourage caregivers to be involved with the children if needed. If your child is shy, grab a stick and participate alongside them in the games and drills. Make sure they are safe and secure before slowly encouraging more independence.



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MINI STICKS & MINI STICKS DEVELOPMENT – Year 3 & 4 at school (6 aside)

AIM OF GAME

Children should be encouraged to use their team mates rather than playing alone. The use of space on the playing field should be introduced, avoiding players swimming around the ball. Rotate your players so they have a sense of attacking and defending.

NEW PLYMOUTH

Grade	: Mini Sticks & Mini Sticks development
Duration	: 40 minutes - 18 mins each way, 2 mins half time and 2 mins between games
Season	: Term 2 and part of term 3, Saturday morning and part of afternoon (usually 13 or 14-week season).

STRATFORD

Grade	: Mini Sticks only
Duration	: 40 minutes - 18 mins each way, 2 mins half time and 2 mins between games
Season	: Term 2 and part of term 3, Monday afternoons (usually 12-week season)

TEAM	: ideally 8-10 players
FIELD	: quarter field

INCLUDES

- Concepts of attacking, defending and basic rules are introduced.
- Goals : Modified
- Balls : Standard
- Auto Pass : No
- Goalkeeper : No
- Penalty Corners : No
- Strokes : No

RULES

- Each team must be behind the halfway line at the start of the whistle.
- The game starts with a push forward or backward from the halfway line.
- A rainbow-coloured ball is recommended.
- No obstruction (as per FIH rules). Obstruction is shielding the ball with your body.
- The ball cannot be deliberately stopped with the foot or kicked. However, if the ball merely touches the foot play should continue.
- For any free hit, all defensive players must be 5 metres away within the defensive zone. Within the attacking zone ALL players must be 5 meters away.
- There are no penalty corners or strokes – instead take a free hit on the 10-metre line (everyone is 5 metres away and no direct pass into the goal area)
- Long corners - take a free hit on the 8-metre line (everyone is 5 metres away and no direct pass into the goal area)
- Grading to apply if required - dependent on number of teams and skills and may be adjusted during the season.
- Goal Scoring:

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1. A goal is scored when the ball is pushed or hit into the goal from inside the 5-metre zone by the attacker and the ball passes the back line of the goal. The ball does not necessarily have to hit the board.
2. A goal is scored when the ball hits the board and then bounces off and travels over the board.
3. No goal is scored when the ball is hit within the 5-meter zone and travels straight over the goal without touching the board first.
4. No goal is scored when the ball is pushed into the goal outside the 5-meter zone.

KIWI STICKS - Year 5 & 6 at school

AIM OF GAME

Technical skills should be more advanced than the Mini Sticks and Kiwi Sticks development grade. Expand on what has already been learnt. Player positions should still be rotated, with players been taught the role of each position. Retaining possession should be encouraged, utilising the width of the field. Individuals understand the concept of achieving an individual goal for the game.

NEW PLYMOUTH (7 aside)

Duration	: 40 minutes - 18 mins each way, 2 mins half time and 2 mins between games
Season	: Term 2 and part of term 3, Saturday mornings and part of afternoons (usually 13 or 14-week season)

STRATFORD (6 aside)

Duration	: 40 minutes - 18 mins each way, 2 mins half time and 2 mins between games
Season	: Term 2 and part of term 3, Monday afternoons (usually 12-week season)

TEAM	: ideally 8-10 players
FIELD	: half field

INCLUDES

- Team dynamics, decision making, defensive and attacking concepts, positional understanding, and concepts of space.
- Goals : Standard
- Balls : Standard
- Auto Pass : Yes
- Goalkeeper : Yes
- Penalty corners : Yes
- Strokes : No

RULES

- Each team must be behind the halfway line at the start of the whistle.
- The game starts with a push forward or backward from the halfway line and the opposition must be 5 meters away.
- No obstruction (as per FIH rules). Obstruction is shielding the ball with your body.
- The ball cannot be deliberately stopped with the foot or kicked. However, if the ball merely touches the foot play should continue.

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- For any free hit, all defensive players must be 5 metres away within the defensive zone. Within the attacking zone ALL players must be 5 meters away.
- Penalty corners will be played (three players plus goalkeeper in goal and three players three quarters back)
- Long corners - take a free hit on the 8-metre line (no direct pass into the goal area)
- A goal is scored when the ball is pushed or hit into the goal from inside the 5-meter zone by the attacker.
- Full padded goalkeeper is required.
- Grading to apply if required – dependent on number of teams and skills and may be adjusted during the season.

KIWI STICKS DEVELOPMENT- Year 5 & 6 at school (6 aside)

AIM OF GAME

Children should be encouraged to use their team mates rather than playing alone. The use of space on the playing field should be introduced, avoiding players swimming around the ball. Rotate your players so they have a sense of attacking and defending.

NEW PLYMOUTH

Duration : 40 minutes - 18 mins each way, 2 mins half time and 2 mins between games

Season : Term 2 and part of term 3, Saturday mornings and part of afternoons (usually 14-week season)

TEAM : ideally 8-10 players

FIELD : quarter field

INCLUDES

- Team dynamics, decision making, defensive and attacking concepts,
- Goals : Modified
- Balls : Standard
- Auto Pass : No
- Goalkeeper : No
- Penalty Corners : No
- Strokes : No

RULES

- Each team must be behind the halfway line at the start of the whistle.
- The game starts with a push forward or backward from the halfway line.
- No obstruction (as per FIH rules). Obstruction is shielding the ball with your body.
- The ball cannot be deliberately stopped with the foot or kicked. However, if the ball merely touches the foot play should continue.
- For any free hit, all defensive players must be 5 metres away within the defensive zone. Within the attacking zone ALL players must be 5 meters away.
- There are no penalty corners or strokes, instead take a free hit on the 15-metre line (no direct pass into the goal area)
- Long corners - take a free hit on the 8-metre line (no direct pass into the goal area)

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- Goal Scoring:
 1. A goal is scored when the ball is pushed or hit into the goal from inside the 5-metre zone by the attacker and the ball passes the back line of the goal. The ball does not necessarily have to hit the board.
 2. A goal is scored when the ball hits the board and then bounces off and travels over the board.
 3. No goal is scored when the ball is hit within the 5-meter zone and travels straight over the goal without touching the board first.
 4. No goal is scored when the ball is pushed into the goal outside the 5-meter zone.

KWIK STICKS – Year 7 & 8 at school

AIM OF GAME

Technical skills should be taught – should pick up quickly at this age. Player positions should be rotated, with players been taught the role of each position. Retaining possession should be encouraged, utilising the width of the field. Individuals understand the concept of achieving goal for the game.



NEW PLYMOUTH

Duration : 60 minutes - 25 mins each way, 3 mins half time and 7 mins between games

Season : Term 2 and part of term 3, Friday -and Monday evening (usually 13 or 14-week season)

STRATFORD

Duration : 60 minutes - 25 mins each way, 3 mins half time and 7 mins between games

Season : Term 2 and part of term 3, Wednesday afternoons (usually 12-week season)

TEAM : ideally 8-11 players

FIELD : half field

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INCLUDES

Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space.

- Goals : Standard
- Balls : Standard
- Auto Pass : Yes
- Goalkeeper : Yes
- Penalty Corners : Yes

RULES

- Each team must be behind the halfway line at the start of the whistle.
- The game starts with a push forward or backward from the centre line and the opposition must be 5-meter away.
- The ball cannot be deliberately stopped with the foot or kicked. However, if the ball merely touches the foot play should continue.
- If the ball hits the plastic pipe down one side of the turf, it is deemed not out, and play continues.
- If the ball travels outside the side-line on the non-piped side, it is deemed as out.
- For any free hit, all defensive players must be 5 metres away within the defensive zone. Within the attacking zone ALL players must be 5 meters away.
- Penalty corners will be played (three players plus goalkeeper in goal and three players three quarters back)
- Long corners - take a free hit on the half-way line (no direct pass into the goal area)
- A goal is scored when the ball is pushed or hit into the goal from inside the circle zone by the attacker,
- Lifted shots at goal are allowed however TH promotes to always keep the safety of young players in mind.
- No overheads allowed.
- Full padded goalkeeper required.
- Grading to apply if required – dependent on number of teams and skills and may be adjusted during the season.
- Standard FIH Rules of Hockey apply except for only 7 players per team on half field.



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JUNIOR UMPIRING PROGRAM



Taranaki Hockey runs a training and mentor program for Junior Umpires. They can be recruited at any age and will be supported throughout their umpiring journey. Initially, new umpires will be teamed up with a more experienced umpire to enable them improve their skills and knowledge as well as provide confidence.

In the New Plymouth umpires are allocated to all games – primary, intermediate & secondary. In Stratford teams Primary teams are required to supply their own umpires. However, where available, junior umpires will be trained and mentored also. It is essential that all umpires are consistent in their rulings, giving both sides an equal opportunity.



Junior Umpire courses will be run pre or early season. If you have someone Interested in umpiring please email ntjhumpires@gmail.com or denise@taranakihockey.org.nz.



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Equipment

- You will need a good whistle, an accurate watch. Taranaki Hockey will supply an umpire shirt if you are a recruited umpire. If you are a casual umpire umpiring in Stratford please wear a shirt that is a different colour to both teams.

Co-operation

- Talk to the other umpire before your game, ideally 5 minutes before it starts, to ensure that you have a common understanding of the rules and Guidelines for Junior Hockey, particularly with respect to danger and what is a lifted ball. It is important that these Rules and Guidelines are applied consistently by both umpires throughout the game.

Safety must be ensured

- Make sure that the game is safe for the players. Mouthguards and shinpads are compulsory for Junior and Secondary players.
- If there is any chance of danger, stop the game immediately with a loud whistle
- Players must not play at the ball after the whistle has sounded
- Watch out for danger from both the stick and the ball when the ball is hit on the reverse with the edge of the stick.
- Umpires will control the game.
- Players to be warned and/or censored for dangerous play.
- Continued raising of the ball in an uncontrolled manner is not appropriate and will be penalised

Unsporting play must be prevented

- No deliberate kicking of the ball by field players
- No deliberate stopping of the ball with the feet by field players
- No use of the back of the stick
- No playing at the ball above shoulder height
- No dangerous use of the stick

Intimidating play, particularly an accentuated back lift and follow through when hitting the ball, must be penalised, irrespective of the proximity to other players

- No destructive tackles
- Players must retire a full five metres from the ball after a free hit has been awarded
- The ball must be played promptly at free hits and side-line hits or the hit should be reversed
- No hitting or tripping of another player
- No swearing
- No verbal abuse of umpires or other players

Swearing or other verbal abuse

This will not be tolerated at any level!!! Positive Vibes only.

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PRIMARY AND INTERMEDIATE SET UP AND/OR PACK UP DUTIES

NEW PLYMOUTH

PRIMARY INSTRUCTIONS FOR SET UP SATURDAYS

1. There is a 'kiosk' and the 'water/lights shed' at the NP turf. Taranaki Hockey will make sure these are unlocked. Please get the following out:
 - Four wooden goals (in water/lights shed)
2. On the turf please:
 - Set up 2 x $\frac{1}{4}$ turfs by getting the black nova-flo pipes that are lying along the sides of the turf, put these down the half-way line and quarter line by hooking the end clips onto the clips joined onto the turf surrounds. The Half field game is played at the far end.
 - Place the 4 white wooden goals in the middle of each end of the $\frac{1}{4}$ turfs.
 - Place the large full-size goals at each end of the $\frac{1}{2}$ turf
 - If there are extra full-size goals on the turf, push the extras back out of the way

INTERMEDIATE INSTRUCTIONS FOR SET UP FRIDAYS AND MONDAYS

1. On the turf please:
 - Place a nova-flo pipe that is lying along the sides of the turf down the half-way line by hooking the end clips onto the clips joined onto the turf surrounds.
 - Move the goals so there are 2 at the end of each $\frac{1}{2}$ field.

STRATFORD

PRIMARY SET UP INSTRUCTIONS MONDAYS

1. There is a storage room under the TET pavilion with a roller door. The gameday supervisor will unlock this. Please get the following out:
 - wooden goals that are on the trolley
 - 4 x bags of goalkeeping gear
 - Bag of bibs
2. Take the goal keeping gear and bibs to the middle dugout
3. On the turf please:
 - Set up 2 x $\frac{1}{4}$ turfs on school end by getting one black novaflo pipe that is lying along the sides of the turf and put it down the quarter line by hooking the end clips onto the clips joined onto the turf surrounds. Place the yellow ITM dividers down the half-way line.
 - Place the 4 black wooden goals at each end of the $\frac{1}{4}$ turfs.
 - After the 4.40 pm game have finished one novaflo pipe will have to be removed and an extra half field will become available for the remainder of the Kiwi Sticks games to be played. Place the full-size goals at each end of the other $\frac{1}{2}$ turf.
 - If there are extra full-size goals on the turf, push the extras back out of the way.

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PRIMARY PACK UP INSTRUCTIONS MONDAYS

1. Please put the following away in the storage room with the roller door:
 - wooden goals on the trolley
 - 4 x bags of Goal keeping gear
 - Bag of bibs
2. Please move the goals back to both ends of the 11 aside field after the last Kiwi Sticks game has finished (6.40 pm). The secondary game starts at 7 pm.

STRATFORD

INTERMEDIATE SET UP INSTRUCTIONS FOR WEDNESDAYS

1. There is a storage room under the TET pavilion with a roller door. Obtain the key from the TET bar and return once completed.
2. Please get the following out:
 - 4 x bags of goalkeeping gear
 - Bag of bibs
3. Take the goalkeeping gear and bibs to the middle dugout
4. On the turf please:
 - Place the yellow ITM dividers that are lying along the sides of the turf down the half-way line.
 - Move the goals so there are 2 at the end of each ½ field.

INTERMEDIATE PACK UP INSTRUCTIONS WEDNESDAYS

1. Please put the following away in the storage room with the roller door:
 - 4 x bags of goalkeeping gear
 - Bag of bibs
2. Please move the goals back to both ends of the 11 aside field after the last Intermediate game have finished.

Teams will be allocated for set up & pack up duties and emailed to them at the start of the season.

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TURF RULES

- Spectators are to keep off the turfs at all times – outside the fence.
- Enter and exit turf by gates only. Do not climb the fence
- Change into clean footwear before stepping onto the turf
- Do not leave gear on the side lines
- No warm-ups on turf while games are in progress
- Teams shall leave the artificial surface through gateways, promptly, at the conclusion of their match or practice
- It is the responsibility of the team coaches and managers to ensure that all care is taken to stem the flow of blood from any injury onto the turf or other players, injured players are to be removed and treated immediately - All Blood is to be covered
- Approved playing gear only to be worn.
- Clean rubber soled shoes and rubber studs to be used - Sticks to have no sharp protrusions
- Goal keeping pads to be clean, goal keeping buckles to be taped at all times
- No sharp objects to be carried or worn on the turf
- Balls hit over the fence during match play are not to be retrieved by players - An Outside runner should retrieve the ball
- No chewing gum inside the hoarding fence
- Please use rubbish bins supplied
- No Alcohol
- No spitting on the turf

COACHES, MANAGERS, PARENTS AND SUPPORTERS CODE OF BEHAVIOUR

- Insist that children play within the rules
- Respect and acknowledge children's efforts, regardless of whether they have won or lost
- Encourage children in their efforts and skill development in hockey
- Be a positive role model. Never shout at or ridicule players or officials
- Support and applaud the efforts of children in both teams
- Respect the decisions of officials and coaches
- Show appreciation to people who volunteer their time to the game of hockey
- Ensure children understand their responsibility to the team. For example, to attend training regularly and to inform coaches in advance if they cannot attend training or a game
- Make an effort to understand the rules of hockey
- Ensure the correct use of safety equipment, particularly mouth guard and shin pads
- Treat children as children and not little adults
- Remember that children play Junior Hockey primarily for their benefit rather than yours

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PLAYERS CODE OF BEHAVIOUR

- Play to the best of your ability
- Recognise the efforts of your team mates and opponents
- Remember to thank your coach, umpires, the opposition and supporters
- Learn the rules of hockey and play by the rules
- Respect and accept the decisions of umpires and coaches



U13 DEVELOPMENT PROGRAM

Taranaki Hockey have a number of regional and national age group opportunities. The Under 13 Development Program for years 7 & 8 is held in Term 3 each year. We are lucky enough to have our very skilled volunteer coaches come and give their time back to the Taranaki Hockey Stars of the Future. The program offers players the opportunity to develop their skills in an encouraging and supportive environment. Players of all abilities are welcome and will be catered for. This year we are trialling a transition to 11 a-side development program, please keep an eye on our Facebook page for updates.

Taranaki Hockey are proud to be using the Balance is Better approach, promoting an environment of development for all our athletes. We want to build a culture of self-determination here in Taranaki, instilling confidence in our athletes to achieve their goals and push themselves beyond their limits.

Balance is Better is a scientific approach to youth sports. Catering for all abilities Balance is Better promotes creating a climate of development. Focusing on fun, confidence building, inclusivity and not overexposing or specialising too early. Taking the focus away from the result and onto the process.

The program will consist of one training a week under quality coaching aiming to develop our players on and off the field. Enjoyment is a key focus for this age group and Taranaki Hockey have created a program focusing on skill development and enjoyment. They will be training with groups of equal ability, so every individual gets the best out of the program.

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There is the opportunity to continue the program for a few more weeks and then culminating in travel to a three-day regional festival. They will be split into equal ability teams with the opportunity to play some fun hockey under the Taranaki banner, playing against teams from Whanganui, Wellington, Manawatu and Horowhenua. Even though split into teams we are all one big Taranaki Team. This development program also gives our athletes the opportunity to meet others from all around the region, make new friends and have some fun!



YOUTH FESTIVAL

Taranaki Hockey run a one-day festival on the Sunday after King's Birthday weekend. It is an opportunity for players in years 3 – 8 to meet new players from other schools and towns and have heaps of fun. Entries are obtained from individuals, and we try to ensure that teams are a mixture of different schools and abilities.

The event is held in Stratford on 1/4 & 1/3 of full-sized turfs. Coloured shirts are supplied as part of the entry fee.



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